MUSCOGEE NATION NEWS



Amanda Rutland/MNN

Muscogee (Creek) elder Sam Proctor told about his life during a visit to his home in Okmulgee, Okla. Proctor was recognized as the 2016 American Indian Festival of Words Circle of Honor inductee March 5 by the Tulsa City-County Library Resource Center.

Sam Proctor receives Circle of Honor award

Elder shares knowledge and stories

Amanda Rutland/Media Specialist

OKMULGEE, Okla. — In a quiet unassuming apartment on a chilly morning in Okmulgee, Muscogee (Creek) elder and Tullahassee Wvkokaye Ceremonial Ground leader Sam Proctor shared his thoughts and stories.

Proctor began by sharing his grandfather's account of Removal.

"He said, 'When we left Eufaula, Alabama the peaches were blooming when we left and then when we got to Oklahoma it was wild onion picking time," Proctor said.

Proctor asked in a playful tone, "Have you ever heard of Sam Proctor's grandpa's name?"

He went on to explain that his grandfather was called Creek Beaver.

"The Cherokees were the Waters." ones that gave him that name because he was Beaver Clan and they couldn't pronounce beaver in Creek. Beaver in Creek, you say echaswv."

Proctor shared his mother's teachings.

"My momma said, 'I am going to tell you three things that you need to abide by," " Proctor said. " 'Have love, always have love, be meek, be lowly in heart and if you have these in practice and live that, you will live a long time."

Proctor said he will be 82-years-old in April and went on to tell a little about his life.

"I was born in 1933 in a rural community," he said. "It is about four miles from Hanna, Oklahoma. And about a quarter mile west of where I was raised is our ceremonial ground, one of the ceremonial grounds called Muddy

He said the location of his ground was described to him in reference to others.

"They told me where we are at, Tullahassee and Wvkokaye and Tokpafkv was of the same fire. Tokpafky was located near Calvin," Proctor said. "And Wvkokaye was the way I have heard it was located close to just before you get to the river. I heard that or that was how I was told by my uncle."

Proctor said McIntosh County, where he grew up was poor and there was not much work.

"They used to raise onions and I used to top the onions. The only experience or thing I had was labor, doing labor work like hoeing cotton, picking cotton, thrashing peanuts," he said. "That

Honor - 7

Council passes legislation changing community funding

Consideration of LTPD chief nomination postponed

Jessica McBride/Media Coordinator

OKMULGEE, Okla. — A regular session of the Muscogee (Creek) Nation National Council was held Feb. 27 at the Mound Building in Okmulgee.

The Council addressed the following legislation, the interpretation of which is attributed to language in the

• NCR 16-002 Adopting the rules of procedures of the National Council. Reps. Rob-

ert Hufft, Pete Beaver, Johnnie Greene, Randall Hicks, David Hill, James Jennings, Adam Jones and Thomas Yahola sponsored the resolution, which passed 15-0.

The resolution states that the Council's Internal Affairs Committee has reviewed the rules of procedures and made recommendations for changes to the Council as a whole.

• TR 16-001 Authorizing the principal chief to execute a memorandum of agreement between the Nation

Council - 5

Proposed state law could consolidate school districts



Chelsie Rich/MNN

A town hall meeting was held Feb. 5 at the Lone Star Public School Event Center in Sapulpa, Okla., to discuss concerns regarding Oklahoma Senate Bill 1382, which could consolidate or annex kindergarten-eighth grade schools.

Public meeting held in Sapulpa to discuss legislation

Chelsie Rich/Project Specialist

SAPULPA, Okla. — A town hall meeting was held Feb. 5 at the Lone Star Public School Event Center in regarding Oklahoma Senate Bill 1382.

SB 1382 was introduced by Oklahoma State Senate President Pro Tem Brian Bingman (R) to consolidate or annex kindergarteneighth grade public school

Sapulpa to discuss concerns Consolidate - 3

MCN to launch sexual assault exam program April 1



Google images

Health, Family Violence Prevention discuss emergency contraception

Jessica McBride/Media Coordinator

OKMULGEE, Okla. — The Muscogee (Creek) Nation is preparing to officially implement the Sexual Assault Nurse Examiner Program April 1.

"We've made great progress, but of course to estab- Exam - 4

lish a new program takes a tremendous amount of work, especially a program like SANE because you're talking about a program that's going to provide forensic medical examinations and care," MCN Family Violence Prevention Program Director Shawn Partridge

FVPP, in coordination with the MCN Department of Health, were awarded a \$395,278 Victims of Crime Act grant in June 2015 to implement a SANE program for the community.

FVPP and SANE program services are available to the general community and individuals that reside within the MCN jurisdiction.

FVPP will have over-

FVPP helps organize community response team

Okfuskee County looks to start domestic violence docket

Jessica McBride/Media Coordinator

OKEMAH, Okla. — The Muscogee (Creek) Nation Family Violence Prevention Program is reaching out to counties to bring individuals and groups together that deal with domestic violence.

The Okfuskee County Coordinated Community Response Team is made up of individuals from the court system, law enforcement as well as advocacy and service

The team meets monthly to discuss concerns and strategize on addressing them.

CCR addresses domestic violence issues by identifying

target areas of need and taking action to improve upon judicial, advocacy, prevention and detection efforts to help them run smoothly, be efficient and hold offenders accountable.

"I do believe domestic violence is a problem in this community," Okmulgee County Family Resource Center Program Manager Keyna Richardson said.

OCFRC provides advocacy and shelter services for Okmulgee and Okfuskee Counties. The shelter has eight rooms available for women and children to assist in domestic violence situations.

Richardson said she receives 10-15 calls a day from women from all over Oklahoma seeking shelter and services. The nearest shelters are located in Tulsa, Muskogee and Seminole.

Richardson believes the networking that comes from being a part of the CCR team will help her provide better services for victims.

"I'm proud to be a part of this program because like I said, I feel like when people come together to try to work on an issue, if you have enough people banding together, you'll see that there'll be a change in how things work," she said.

After being a part of the Okfuskee County CCR Team and attending the National Judicial College for training, Okfuskee County Associate

Team - 4



Shutterstock

National Weather Service holds annual training

Refresher course held at Green Country **Technology Center**

Darren DeLaune/MNN Reporter

OKMULGEE, Okla. — The spring season is right around the corner, which means mowing, allergies, wild onions and baseball. Another thing we can add to the list that Oklahomans know well, tornado season.

The National Weather Service held their eighth annual Storm Spotter Training Feb. 29 at the Green Country Technology Center in Okmulgee.

Local and volunteer fire departments, police departments, county deputies along with Muscogee (Creek) citizens listened to the presentation given by the NWS Tulsa office.

"This training is very important because it gives everyone here a better understanding of what can be anticipated during tornado season," Muscogee (Creek) Nation Emergency Management Supervisor James Nichols said. "This is going to help you understand what Oklahoma weather is about."

Numerous topics were discussed such as: how storms and tornadoes are formed and the signs to look for, how and where to be safe while storm spotting, the path tornadoes take and how to recognize wall clouds.

"There are a lot more car related accidents during this time because sometimes, novice storm spotters who

are parked in areas where traffic is still around, did not position themselves in the safest of areas," Nichols said. "These trainings can help you be familiar with safe areas from the weather you are spotting and the oncoming traffic."

Warning Coordination Meteorologist for NWS Tulsa, Ed Calianese said these annual trainings and refreshers are important for public safety and people who work in NWS.

"This helps the public to expand their knowledge on storms," Calianese said. "This also keeps our storm spotters refreshed for whatever our spring will bring to

Calianese said it is important for the storm spotters to be up-to-date.

"Emergency Management relies on information from the spotters to make decisions on whether to activate sirens or when they need too," Calianese said. "We can go by radar but we need the information from the spotters to verify what is going on at that moment."

Calianese said there will be more trainings throughout northeastern Oklahoma within the next few months.

To view an updated list of trainings visit: www.srh. noaa.gov/tsa/?n=spotter_ training.

For more information about or to report severe weather call Nichols at: 918-607-4206, or Okmulgee County Emergency Management Director Tim Creighton at: 918-759-9984.

26th Trail Of Hope Native sobriety conference set



Internet image

Event offers support toward needs specific to Indian Country

Gary Fife/Radio Specialist

OKMULGEE, Okla. — For many Native Americans battling drug and alcohol addictions, the resources offered by some national recovery groups do not fill all their needs.

Too many Natives seeking help do not feel comfortable fully participating in offered meetings because there are few or no other indigenous people in attendance or the spiritual references used are problematic for them.

These are the views held by a Native American man referred to as 'Warrior' to preserve his confidentiality.

In 2008, the first study by the Centers for Disease Control and Prevention on alcoholism among Native American peoples, "found 11.7 percent of deaths among Native Americans and Alaska Natives between 2001 and 2005 were alcohol-related, compared with 3.3 percent for the U.S. as a whole."

During a March 2 interview on 'Mvskoke Radio,' Warrior came to speak about the annual Trail of Hope Native American Sobriety Conference that provides fellowship, understanding and familiarity commonly lacking in many national groups.

Warrior has been one of the organizers but refers to himself as 'just a member of the Trail of Hope' as he shares some history of the event.

"The Trail of Hope was started 26 years ago by a group of men and women working on recovery and they felt they never got to see or hear many of their own people speak on

the issues. So, they band together and start the Trail of Hope," he said.

A rural and tribal background. Warrior added, influences many Natives' willingness to share private experiences with non-Natives.

"So many Natives, they might come from strictly an Indian community," he said. "When you're raised around just your own people and you come into some of these rooms and there's not so many of our people, Native people, they may not be so free to come out and share what they're going through and feel what they're part of."

One of the national recovery resources mentioned by Warrior was a 'wellbriety' group called the White Bison.

"It was founded numerous years back and it's a wellness movement. It's going on all around the country."

He said its reach goes far beyond the individual.

"The whole movement is about, 'OK, I get recovery, I changed my life, but then, what do I do? I'm just sober? I just go to these rooms all the time? But, no, it's not about that. I try to heal my family. Then, from my family, I try to heal my community," Warrior said.

Warrior pointed out how this mission is counter to typical patterns.

"As Indian people, what do we do? We send people off to treatment. They get help then come right back into the same community that isn't even healed or well," he said. "So, then, what happens? The chances are that they aren't going to stay in recovery or stay in wellness."

The challenge of addiction for Natives is evolving, Warrior said, from a dependence on just alcohol to that which involves combinations of addictive substances, making recovery even harder.

"Alcohol is our number one enemy because it's legal and its easy access," he said. "But, I'm from a 'rez' up north and we're plagued. We're plagued with the meth (methamphetamine). It's really taken hold in all races in society itself and it's tearing it apart."

He said that evolution in addiction is showing up in attendees at the Trail of Hope conference.

"You don't have people that come that are just a drunk now. They do pills, they do meth, they do everything. That's what this conference is about," Warrior said.

That is important to know, he added, because of the youth being addicted to these substances.

"When the youth come in there, they think, 'Well, they used to just drink. Now, they add all these other things.' I think we need to be prepared to deal with things that younger people are going through too, "Warrior said.

Many people who have attended programs set up to aid in recovery have found themselves uncomfortable with the type or amount of mainstream religious connections that do not necessarily mention Native spiritualism.

Warrior said he drew upon his own culture to find this type of answer and help in recovery.

The Trail of Hope, he explained, includes these important aspects of Native cul-

"You know, if you look into any of them 12-step programs, they say you need to get a connection to a spiritual power greater than yourselves. Most of us rely on our Native traditions. There's no one-way," Warrior said.

Warrior outlined how these are observed.

"At our conferences, we smoke off the area we use beforehand," he said. "We actually have a sweat (sweatlodge) one evening for anybody who comes to the conference who wants to participate."

He explained that such activities are optional and the group recognizes that different people have different beliefs and customs.

The 26th annual Trail of Hope Native American Sobriety Conference is scheduled March 25-27 at the Crowne Plaza Southern Hills hotel in Tulsa.

Visit their website at: trailofhopednz@gmail.com and the White Bison group at: www.whitebison.org.

MUSCOGEE NATION €

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CONSOLIDATE

CONTINUED FROM PAGE 1

districts.

Hundreds of concerned parents, teachers, school administrators and citizens sat in a crowded gymnasium to hear what the future may children's education.

Muscogee (Creek) citizen Deana Allem has been a teacher at Lone Star Public Schools for 35 years and shared her thoughts.

"It will break up our community that we have built over all the years," Allem said. "Parents chose to bring their kids to this school...they don't live in our school district but they chose to bring them to our school because of the history we have for academics, sports, the discipline."

Lone Star student parent and moderator for the meeting Jamie Sivadon announced before it was called to order, that requests were sent to state legislators through phone calls and emails asking them to attend.

State Rep. Mark Mc-Cullough (R) was the only state official present that spoke on the legislation.

Sivadon said the bill is one of nine similar pending pieces of legislation.

"There are currently nine other bills that are on the agenda to be heard," Sivadon said. "All of those nine sena-

tors were contacted or spoke to either office or via email and it was noticeable that one did not know about the other

A question and answer hold for their jobs and their session was conducted with a panel consisting of Mc-Cullough and school district superintendents from: Cleora Public Schools, Keystone Public Schools, Peggs Public Schools, Lone Star Public Schools, Pretty Water Public Schools and Allen Bowden Public Schools.

> "Let me first of all just remove all the suspense and such. I have had a chance to read the bill and I do not support it in its current form," McCullough said.

> The bill states that dependent school districts or elementary school districts may voluntarily agree to consolidate but after a year, necessary action will be taken to assist the schools that did not volunteer. However, this is not the first time a consolidation bill has been presented in attempts to reduce the number of K-8th schools, which led to the question, what are the issues that have been brought up before?

"Oklahoma has an unusually high number of school districts... that does mean you have a lot more expenditures," McCullough said. "This has

been a topic of discussion for legislative for a long time."

McCullough went on to discuss how consolidating administration by pulling smaller districts into bigger districts and cutting costs by eliminating superintendent positions would allow funds to be spent elsewhere.

"You wouldn't have those smaller schools absorbing that money," McCullough said. "The money you spend in admin, the money you spend in fiscal plan does not go to pay teachers salaries and all those other things that you could be spending the money on."

McCullough addressed how school consolidation would impact communities.

"The problem is that when you start talking about shutting down these schools, you're talking about shutting down a town, you're talking about shutting down a community," McCullough said.

Bingman issued a written statement to the 'Muscogee Nation News' regarding this concern.

'My proposal would not require any Oklahoma school to close, it stated. 'It would simply streamline administrative function so we can get more of the dollars that go to education directly into the classroom.'

Section 1-B of the bill states, 'a school district included in the list published...that does not submit a petition to voluntarily consolidate or annex shall be consolidated or annexed by the State Board of Education with or into one or more school districts by July 1, 2017.

According to his Oklahoma Senate profile, Bingman is from Sapulpa, represents Creek and Tulsa Counties and is a Muscogee (Creek) citizen.

In a written statement, Bingman's staff outlined the legislative track of SB 1382 moving forward.

'This particular bill will not make it out of committee this session, meaning this specific legislation will not move forward, it stated. 'However, there are other legislative vehicles available and Sen. Bingman has promised that the conversation will continue about streamlining administrative costs and redirecting those dollars to the classroom.'

McCullough said that if the bill were to move forward, it would likely require additional qualifiers.

Qualifiers would include low performing schools and low enrollment rates.

According to a map of the Muscogee (Creek) Nation jurisdiction, there are 71 school districts within the boundaries. Out of those 71 school districts, 14 K-8th schools would be affected by the bill.

The MCN Johnson O'Malley Program serves 45 schools, seven of which are

Sheila Pahsetopah has been the JOM coordinator at Lone

Star Public Schools for 16 years.

"I can honestly say I love my job. It's something I look forward to. I enjoy working with my Native youth," Pahsetopah said.

Pahsetopah oversees 186 Native American students for the 2015-2016 school year.

"I know three years consistently, we did have our Native American test scores when they were looking at API (Academic Performance Index) were actually higher than the others.

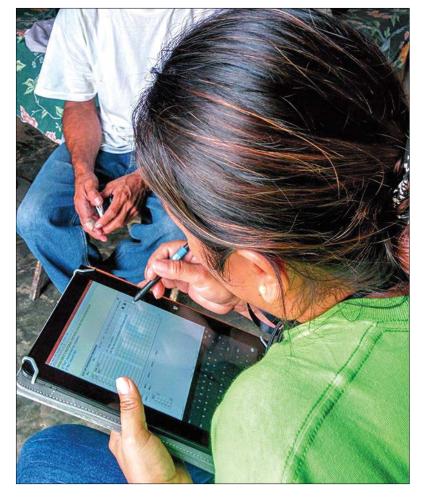
"I've had several students graduate here from Lone Star School; Native youth that have either been valedictorian or salutatorian and have even gone on to even graduate from their local high schools under the same honors," Pahsetopah said.

One of the other consolidation bills, House Bill 2824 sponsored by House Speaker Pro Tem Rep. Lee Denney (R) drew attention Feb. 15 at the state capitol when it went before the House Appropriation and Budget Education Subcommittee and was voted down 3-8.

Afterward, Denney said on 'KTUL Channel 8 News,' that district consolidation efforts will continue at the capitol this year.

Bingman, who chairs the Senate Education Committee, is quoted in a Feb. 19 'Tulsa World' story stating he would not hear any school consolidation bills including his own.

MCN offers child development screenings



UNICEF website

Screenings help identify mental, behavioral issues

Jessica McBride/Media Coordinator

OKMULGEE, Okla. — According to Protected Tomorrows, in the U.S., 17 percent of children have a developmental or behavioral disability. Less than half of children with these conditions are identified before they begin school.

Protected Tomorrows is an advocacy group for people with special needs.

The American Academy of Pediatrics recommends that children be screened for developmental delays and dis-

abilities at nine months, 18 months and 24-30 months.

The AAP website states study authors have concluded that pediatricians are in a unique position to intervene before problems become more serious and that screenings can promote earlier identification and treatment of mental and behavioral problems.

MCN offers development screenings for children up to five-years-old through Project LAUNCH.

"We want to catch any children in need of early intervention or resources as early as possible," MCN Child Development Screening Coordinator Natalie Russell said.

Russell said they aim to identify any delays at the earliest stage possible, hopefully before the child begins

"Project LAUNCH's goals in providing SWYC (Survey of Wellbeing of Young Children) screeners are to bring awareness to any concerns parents might have regarding their child's development and to catch the children that may need additional resources," she said.

Project LAUNCH is a Substance Abuse and Mental Health Services Administration grant-funded program offered through MCN Behavioral Health Services.

BHS received the grant in 2012.

The screening is recommended for all children, whether or not a developmental delay is suspected.

The screening is a series of questions given to the parent or caregiver about the child, so children do not need to be present.

Questions are self-administered through an iPad and the screening typically takes 10-15 minutes to complete.

It can also be taken on paper if the parent or caregiver prefers.

The first portion of the questionnaire contains a 10-question developmental milestone checklist regarding the child's motor, language, social and cognitive development.

Parents and caregivers

of children between 16-30 months will complete an autism specific portion called Parent's Observations of Social Interactions.

The second portion deals with behavior specific questions.

Depending on the age of the child, parents will take the Baby Pediatric Symptom Checklist for children up to 18 months, which consists of 12 questions, or the Preschool Pediatric Symptom Checklist for children up to 60 months, which consists of 18 questions.

Both age groups will also be asked two questions about any concerns they may have with their child.

The third and final portion

asks nine questions regarding family context and risk fac-

A young child wellness coordinator will score the test and give the parent or caregiver the results, along with an explanation.

If there are flags in any areas on the exam, the parent or caregiver is instructed to take the letter to their pediatrician for consultation.

"It is left up to the parent to start a discussion with their pediatrician regarding their child's health/development," Russell said.

For more information or to schedule a screening, call: 1-888-756-4333 and ask for a young child wellness coordinator.



EXAM

CONTINUED FROM PAGE 1

sight of additional advocates that are helping with SANE services and responding to other needs, and MCNDH will oversee the SANE nurses and volunteer nurses. Exams will be provided at the MCN Medical Center in Okmulgee and the MCN Community Hospital in Okemah.

Outside of the MCN SANE program, the nearest examination sites are in Tulsa and Ada. Exams are provided to victims free of charge and can be completed for adults and adolescents.

Exams allow the gathering of forensic evidence by a specially trained nurse and also provide for any medical needs an individual may have.

"So definitely while they do have the ability to collect forensic evidence, that's not the main goal of SANE," Partridge said. "It is to try and treat the health care and needs of a victim who's experienced sexual assault."

Partridge said that during typical SANE exams, victims are offered HIV/AIDS prophylactic medication and emergency contraception.

According to www.safeta. org, a source for sexual assault forensic examination protocol provided by the International Association of Forensic Nurses and supported by the U.S. Department of Justice Office on Violence Against Women, emergency contraception should be offered to victims undergoing SANE exams.

'A victim of sexual assault should be offered prophylaxis for pregnancy, subject to informed consent and consistent with current treat-

ment guidelines... In a case in which a provider refuses to offer certain forms of contraception for moral or religious reasons, victims of sexual assault must receive information on how to access these services in a timely fashion.'

The website also recommends sexually transmitted infection testing and treat-

"Any other program right now that a survivor of sexual assault goes to, whether it is another tribal program or a non-tribal program, they're going to be provided Plan B, again within the context and during the exam, during the SANE exam," Partridge said. "So, we want to be able to provide that same quality of care and services."

According to www.planbonestep.com, the Plan B One-Step pill contains levonorgestrel, which is a hormone used in birth control pills. Plan B uses levonorgestrel at a higher dose for emergency contraception.

The website states that it is available over the counter and typically located with feminine care products.

According to the Plan B One-Step website, the pill should be taken within 72 hours after sexual contact and helps prevent seven out of eight potential pregnancies.

'It is not an abortion pill. It will not work if you are already pregnant and will not harm an existing pregnancy.'

The website also states that it is not recommended as regular birth control and does not protect against HIV/ AIDS or other sexually transmitted diseases.

"And it works both by inhibiting ovulation, it also thickens what they call cervical mucus, which makes the sperm more difficult to penetrate and fertilize," MCNDH Interim Secretary of Health Dr. Lawrence Vark said. "There is also some evidence that it may alter the lining of the uterus to retard implantation."

Vark said that MCNDH does not currently have a policy regarding emergency contraception and it is not available at MCN clinics and pharmacies.

According to a 'Muscogee Nation News' article published Nov. 15, 2013, emergency contraception is not offered due to religious, moral and ethical questions regarding this type of contraception.

'MNN' reached out to the Indian Health Service regarding its policy for emergency contraceptives such as Plan B.

'Plan B One-Step, is an approved drug for the IHS National Core Formulary. All federal facilities within IHS are required to have any medication on the National Core Formulary available to their beneficiaries.

'The Indian Health Service mandates that all federal IHS pharmacies maintain Plan B One-Step or the generic equivalent in their pharma-

'All Urban and Tribally-operated health programs with pharmaceutical services have the ability to order Plan B One-Step, through the Pharmaceutical Prime Vendor or National Service Supply Center as authorized by the Indian Self-Determination and Education Assistance Act. Tribes and Urban programs determine what is available in their formularies and are not required to follow IHS poli-

'How Tribally-operated and Urban programs make phar-

maceuticals available through the private sector is determined by the facility. For questions about availability of EC (emergency contraception), including Plan B, at an Urban or Tribally-operated facility, please contact the facility directly.'

As part of its policy on emergency contraception, IHS facilities provide staff to distribute emergency contraception on behalf of any staff member who objects to its distribution due to religion or moral reasons.

"Contraception after the fact starts to touch on a lot of religious and ethical questions for individuals, whether they're medical providers or not and when you have a population of 40 or 50 providers, you're going to get a variety of beliefs.

"But we do have staff who feel that, that type of contraception should be available. So, as a result of that, we certainly have the capacity to make it available to the citizens should they desire that," Vark said.

Vark said the SANE program will provide emergency contraception, HIV/AIDS prophylaxis and medications for other sexually transmitted illnesses during the examina-

"So we will be able to handle both the emotional and the physical needs of someone who is a victim of such a sad situation and in those circumstances, we certainly will be providing Plan B," he said.

Partridge said the provision of Plan B in the SANE program would be optional for the individual.

"Everything throughout the exam is completely optional," she said.

Partridge said that as a

CONTINUED FROM PAGE 1

District Court Judge David Martin got the idea to begin a

"You have the force of the court behind the court's or-

Martin has served Okfuskee County for over 25 years.

The monthly docket would

apply to individuals who have

plead guilty or have been

convicted of domestic vio-

lence, and allow the judge to

"supervise" their probation

and make sure they are com-

plying with the terms and

each offender is required to attend a 52-week domestic

In the state of Oklahoma,

Martin will receive updat-

ed reports on each offender's

progress through their pro-

bation in the hopes of inter-

vening early on if there is an

issue. The district attorney

also monitors the progress of

"It's just another tool from

domestic violence docket.

ders," he said.

conditions.

violence class.

Muscogee (Creek) woman, she hopes that offering emergency contraception through the SANE program will open the door to offering Plan B through MCNDH.

"I think having the SANE program obviously is a way for us to open that conversation and have these kinds of discussions," she said. "They're important discussions because we're talking about women's health care, reproductive rights and justice, and they're not conversations that I think we've really had before."

Vark said that he has only been in the secretary of health position for a short amount of time, but that the conversation has begun.

"I have no problem with instituting a Plan B program. However, I serve at the pleasure of the principal chief," he said. "I just want to get together with him and let him know that we've got a plan laid out for Plan B and that we would like to make it available in the clinic to people."

Vark has not yet been confirmed as secretary and would be official in this position if he were to be presented to the Council by the Executive Branch and confirmed by legislation.

Vark said he wants to make sure that the program will be consistent with the mission and the values of the Nation.

Vark said that MCNDH policies are created by the officers that assist the secretary of health.

He said that MCNDH does have a variety of birth control options including oral birth control, the Depo-Provera shot, the implantable device Nexplanon as well as intrauterine devices such as Mirena and condoms.

MUSCOGEE (CREEK) NATION DISTRICT COURT

'Doing Business in Indian Country" APRIL 28-29, 2016

•Faux Indians, Threats & Tribal Responses BEN BARNES, SECOND CHIEF, SHAWNEE TRIBE INDIGENOUS CULTURAL PROPERTY CLAIMS AT THE INTERSECTION OF TRIBAL, DOMESTIC, & INTERNATIONAL LAW

PROF KRISTEN CARPENTER, UCLA LAW Muscogee Confederacy/Nation History Hon. Gregory H. Bigler, Muscogee (CREEK) NATION

Mvskoke Traditional Law

BON DEERE, NUYAKA CEREMONIAL GROUNDS Cultural Sovereignty: The Legal CHALLENGES OF PROTECTING CULTURES

PROF. WALTER ECHO-HAWK, LEWIS & CLARK

•TRIBAL LAW & BUSINESS DEVELOPMENT LANCE MORGAN, HOCHUNK, INC.

 OKLAHOMA STATE COURT JUVENILE FORMS Hon. Eliza Brown, Adair County •LEGAL ETHICS

JASEN CHADWICK, MCN SUPREME COURT •Social Media Use in the Courtroom JIM CALLOWAY, OKLAHOMA BAR ASSOCIATION

•Comparison Between State & Tribal Courts SHANNON PRESCOTT, McKenna & Prescott •WILLS AND PROBATE OF 5 TRIBES

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MARRIOTT TULSA HOTEL SOUTHERN HILLS

the DA's supervision to hopefully address the problem and hopefully solve the problem," Martin said. "That's the goal is to make sure we have no

violence."

each offender.

Martin said the point of

further incidents of domestic

the program is to prevent further domestic violence in the community.

"I just think it shows how the courts can branch out and try some different things to try to help meet the problems that society is experiencing," he said.

Martin said Okfuskee County had 15 felony domestic violence cases and 34 misdemeanor domestic violence cases filed in 2015.

According to the U.S. Census Bureau website, the population estimate for Okfuskee County as of July 1, 2014 was 12,186.

If an offender is not complying with the terms of their probation, Martin said he will get involved.

"I could ask the state to file a motion to revoke their probation and I also have part of the rules and condition that they will go and successfully complete the sentence so I can actually put them in jail for failure to comply with my court's order," Martin said. "But I think what we're going to see is that once they realize that that's a possibility, I think they're going to do the proper thing."

Martin said engaging all entities that deal with domestic violence is key in responding to and eliminating domestic violence.

COUNCIL

CONTINUED FROM PAGE 1

and the Indian Health Service for the employment of Willard Cookson as commissioned personnel at the MCN Medical Center. Rep. Dode Barnett sponsored the resolution, which passed 15-0.

The resolution would allow the Nation to hire Cookson as the senior clinical nurse specialist at MCNMC.

• TR 16-014 Repealing TR 15-183 and authorizing the principal chief to execute a software access and remote hosting agreement on behalf of the MCN Department of Health with Cerner and 3M Company. Jennings sponsored the resolution, which passed 15-0.

The agreement through TR 15-183 contained incorrect terms. The legislation would correct the terms of the contract and allow collaboration between Cerner and 3M to provide software for MCNDH.

• TR 16-015 Authorizing the principal chief to execute an equipment lease agreement for MCNDH with Preferred Business Systems LLC. Jennings sponsored the resolution, which passed 15-0.

The resolution would allow MCNDH to lease copier equipment through PBS for the Sapulpa health clinic.

• TR 16-016 Authorizing the principal chief to execute an on-demand service quote between MCN and GE Healthcare for MCNDH. Jennings sponsored the resolution, which was postponed indefinitely.

The resolution would allow MCNDH to receive a quote for a replacement X-ray tube from GE Healthcare.

• TR 16-017 Authorizing the principal chief to execute an updated letter of agreement and amendment to general letter of agreement with Communitycare HMO for MCNDH to furnish health care services to Communitycare HMO members in the commercial **Communitycare** Plus plans. Jennings sponsored the resolution, which passed 15-0.

The resolution would amend currently provided medical services from MCNDH to Communitycare HMO members.

• TR 16-018 Authorizing the principal chief to execute a request for use of school property with Beggs Public School. Jennings sponsored the resolution, which passed 15-0.

The resolution would approve an agreement for the MCN Tribal Child and Youth Coalition Program's Spring Celebration to be held at the Beggs Activity Center for no cost.

• TR 16-019 Opposing the federal recognition of the entity known as the Muscogee Nation of Florida pursuant to application before the U.S. Bureau of Indian Affairs Branch Acknowledgement and Research. Reps. Rufus Scott, Darrell Proctor, Yahola and Hill sponsored the resolution, which passed 15-0.

The resolution states that the sovereignty and reputation of MCN is in jeopardy due to the acts of individuals, organized groups and cultural clubs claiming Muscogee (Creek) heritage and do not have lineage verification or meet MCN criteria for citizenship.

MNF has sought state and federal recognition, and has not met federal qualifications in the past. MCN has determined that MNF is not in any relation to MCN or any of its tribal towns, and has not provided acceptable proof that they are tied traditionally, historically, culturally or politically to MCN or the Creek Confederacy.

According to www.govtrack.us, HR 2591 was proposed in 2011 but never enacted, extending federal recognition to MNF. The bill states that MNF is comprised of lineal descendants of the Creek Confederacy that relocated to Florida between and continued 1812-1887 Muscogee (Creek) lifestyle and traditions.

It states that the descendants participated in the Treaty of Fort Jackson, the Apalachicola Treaty and were

• TR 16-024 Authorizing the **Gaming Operations Authority** Board to execute the attached agreements for construction on the Creek Nation Casino Muscogee server room. Reps. Randall Hicks, Hufft and Hill sponsored the resolution, which passed 15-0.

The resolution would authorize GOAB to build out an existing server room to maintain proper temperature and humidity levels to protect and house gaming servers.

GOAB has reached proposed agreements with Graybar, Communication Supply Corporation, Tyco Simplex Grinnell, Spirit Electric and Hix Air Conditioning Service Inc. The total of the agreements is \$258,029.91.

• TR 16-025 Authorizing **GOAB** to execute a hospitality network services agreement with Hospitality Network LLC. Hill sponsored the resolution, which passed 15-0.

The resolution would authorize GOAB to enter into a multi-year agreement for inroom TV, information, messaging, video on-demand and content management for the new hotel at River Spirit Casino in Tulsa.

• NCA 16-012 Creating a new Title 18, Section 2-107, titled ell, then Bear; a deceased, ver, Joyce Deere, Mitch Jack,

The amendment would provide funds for the funeral expenses of James Samuel Buckner, as requested by his sister, Regina Buckner Mc-Vay. Buckner passed away Nov. 13, 2015.

Buckner was the son of Johnson and Betty Crowell Buckner, who died prior to enrollment.

His maternal grandmother was Emma Bear Mitchell per a Hughes County Court judgment and decree number

Buckner was incarcerated in the Oklahoma Penal System since Sept. 19, 1987, serving a 150-year sentence.

Buckner was not enrolled as a Muscogee (Creek) citizen and therefore is ineligible for

created through NCA 16-012. • NCA 16-014 Authorizing a \$4,419 special appropriation for unpaid funeral expenses of a Muscogee (Creek) descendant of Emma Mitchfull-blood Creek Indian, roll number 7988. Yahola and Jennings sponsored the amendment, which failed 5-10 with Reps. Del Beaver, Pete Bea-Adam Jones, Greene, Hicks, Hufft, Hill and Proctor voting against it.

> member. Team members are responsible for raising \$1,000. • NCA 16-017 Authorizing a \$1,094.17 special appropriation for funeral expenses of a Muscogee (Creek) citizen. n Rep. Rufus Scott sponsored the amendment, which passed

was not enrolled as a citizen,"

Hicks said. "And I understand

the circumstances but law is

law and I just had to follow

law so basically that's why I

• NCA 16-015 Authorizing a

\$250 special appropriation to a

Muscogee (Creek) citizen. Jen-

nings sponsored the amend-

ment, which passed 14-1 with

Muscogee (Creek) citizen

Rebecca LeClair is a member

of the Tulsa Threat Women's

Football Team and is request-

ing funds to help cover out-

of-pocket expenses as a team

Greene voting against it.

didn't support it,"

15-0. The family of Muscogee (Creek) citizen Sheila Scott is seeking financial assistance for her funeral expenses. Sheila Scott passed away Dec.

27, 2015.

The family applied for and received assistance from the Nation's Social Services Department, and applied for and is expected to receive burial assistance from the BIA.

Due to extenuating circumstances, the expenses were \$2,000 more than a basic ser-

• NCA 16-018 Repealing Title 11, Chapter 3, titled, 'Grant Funds for Economic Development and Social Service Programs' and replacing it with a new Title 11, Chapter 3, titled, **'Annual Funds for Operational Costs, Economic Development** and Social Service Programs of Chartered Communities.' Reps. Pete Beaver, Rufus Scott, Deere, Greene, Barnett and Jennings sponsored the amendment, which passed 15-

NCA 91-44 authorized an annual appropriation to chartered communities to be divided into shares according to economic status. The legislation states that the amount of the Community Development Block Grant is not enough for the communities to fund the activities and

The amendment would replace the CDBG with the Community Operation and Development Fund to assist communities in economic development, social services and activities.

services they wish to provide.

The funds would not be allowed to be used for board member stipends, personal mileage, personal rent or mortgage, personal loans, vehicle purchases, per capita payments, board meals or mobile phones.

The funds are required to be kept in a separate account and reported monthly in written reports to the community members.

The Nation would provide \$1.5 million in the Comprehensive Annual Budget each fiscal year beginning in 2017. The funds would be divided equally among the communities and not exceed \$60,000 per community in a fiscal



Jessica McBride/MNN

A regular session of the Muscogee (Creek) Nation National Council was held Feb. 27 at the Mound Building in Okmulgee, Okla.

included in the Abbott-Parson Creek Census. The group is based out of Bruce, Fla.

• TR 16-022 Authorizing the principal chief to execute a right-of-way and easement grant across tribal land for the construction, use and maintenance of pipeline for Diamond Pipeline LLC in Okmulgee County. Rep. Del Beaver sponsored the resolution, which passed 15-0.

The resolution would allow Diamond Pipeline to survey, clear and excavate the Nation's land north of Duck Creek Casino to place a pipeline for transporting crude

• TR 16-023 Confirming the nomination of Robert Hawkins Jr. to serve as the chief of the Lighthorse Administration. Reps. Mark Randolph, Rufus Scott, Barnett and Yahola sponsored the resolution, which was postponed one month.

MCN Principal Chief James Floyd has nominated Hawkins to serve as the chief of police for the Lighthorse Tribal Police Department.

'Muscogee Nation News' reached out to Randolph for comment, but did not receive a statement by press time.

'Emergency Vocational and Technical Scholarship Fund' to assist Muscogee (Creek) citizens attempting to complete their education. Barnett sponsored the amendment, which passed 15-0.

The amendment would create an emergency scholarship fund for citizens facing unforeseen financial circumstances while attending statefunded career and technical schools such as Oklahoma State University Institute of Technology and the College of the Muscogee Nation.

The amendment would allow students to apply for a one-time award up to \$3,500 per student depending on need and fund availability.

The MCN Employment and Training Administration will oversee the program. A committee consisting of the ETA manager, Higher Education manager and Scholarship Foundation manager will review each request.

• NCA 16-013 Authorizing a \$70,000 appropriation to the ETA- Emergency Vocational and Technical Scholarship Fund. Barnett sponsored the amendment, which passed 15-

The amendment would provide funding for the program burial assistance from MCN Social Services or the U.S. Bureau of Indian Affairs.

Barnett said during the

meeting that sometimes circumstances go outside of the "What we're talking about

is human beings, dignity for

a man that would have been

enrolled had his circumstanc-

es been different," she said. Rep. Del Beaver said he was thinking for the future of the tribe as a whole and of the current laws that govern it when he voted against the measure.

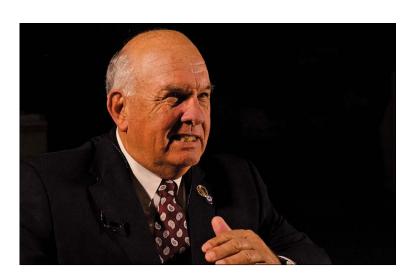
"...so even though I know the story on him and I know that he had a hardship but still as a citizen, we get \$3,000 and I didn't see how it being right for a non-citizen, even though he was a descendant, but a non-citizen to get almost \$4,500," he said.

Rep. Del Beaver said he was also concerned of the "can of worms" this legislation could open by providing services to non-citizens.

Hicks said that he considered MCN law when voting against the amendment.

"It was one of those deals where you have compassion and you feel for the family, but Muscogee law, I mean he

Council - 6



Native News Today

Muscogee (Creek) Nation Tax Commissioner Jerry McPeak discusses his nomination by Principal Chief James Floyd.

McPeak reconfirmed as tax commissioner

McPeak discusses tobacco taxes. accepting credit cards

Jessica McBride/Media Coordinator

OKMULGEE, Okla. — Muscogee (Creek) citizen Jerry McPeak has served as Muscogee (Creek) Nation tax commissioner for five years and has been nominated for the position by three different principal chiefs.

McPeak was nominated by MCN Principal Chief James Floyd and confirmed Jan. 30 by the National Council through TR 16-008 with a vote of 14-1.

He was first asked to serve as tax commissioner by former MCN Principal Chief A.D. Ellis.

McPeak said when he first began, he observed the processes and workflow of the Tax Commission in order to better assist customers and make their visit an enjoyable experience.

"I wanted to improve the way that we conducted our business. We want folks to want to come into the Tag Tax Commission and want to come back tomorrow whether they want a tag or not," McPeak said.

credit his most recent nomination to profits brought in by the Tax Commission.

"We did the data recently and we're getting 50 percent more income off our tags now than we were five years ago when I started," McPeak said.

According to numbers provided to the 'Muscogee Nation News' for a previous story, the Tax Commission brought in total revenue of \$8.981 million back to the Nation for fiscal year 2015.

The numbers provided indicate an increase of \$930,431 in tobacco tax revenue from FY 2014 to FY 2015.

McPeak attributes this increase to the tobacco compact signed with the State of Oklahoma in August 2014.

McPeak said he was honored by Floyd's nomination.

"I hope it was because I do a good job and I hope it was because I get along with the folks and do the job really well," he said. "It's certainly my goal to do those things... and it really is an honor.

"It really is humbling to be chosen by three different chiefs to serve."

McPeak said he sees being an Oklahoma State representative as an advantage for his position with MCN.

"In comparison, from one government to another, the tribal government's actually done a better job over the last few years than our state government has as far as running their business and growing theirselves economically than what the state has," he said. "It surely gives you a different perspective to recognize the tribes are the number three industry in Oklahoma."

McPeak said the state has done a poor job managing economic issues.

"We've made some really bad business decisions... and they're like alcoholics," he said. "An alcoholic, until he's willing to say that, 'I'm an alcoholic, can't get fixed. Until the people at Oklahoma City at the state capital are willing to say, 'We messed up, they can't fix it because they're not willing to say, 'We messed up.' "

Recently, state officials Office or come into the have brought up raising tobacco taxes to have more funds to go towards health care and education.

McPeak said in his opin-He said he would like to ion, the tribes should still get their portion of the tax.

> "However, within that capitol building up there... there's some legal minds there that say... 'if it's earmarked for something, then the tribe's don't get their percentage of that extra tax,' he said.

> McPeak said he believes MCN has the best tobacco compact in the state.

> "There's some things I think and there's some things I know and that's one thing I know," he said.

> Over this next term in his position, McPeak said the Tax Commission is looking at accepting credit card transactions.

> "But it costs us like three percent to do that," he said. "So three percent of \$10 million, I don't know where y'all come from but that's a lot of money at my house. So we're kind of reluctant to do that unless we can find out a way to do it, but we are working on that."

McPeak said he is proud to be Native and proud to work for his Nation. McPeak's term as tax commissioner is concurrent with the term of the principal chief.

COUNCIL

CONTINUED FROM PAGE 5

year.

The funds will be disbursed in three increments not to exceed \$20,000 each. One payment will be made in May 2016 in the amount of \$25,000. Beginning with FY 2017, payments will be made in October, February and June, depending on if the CAB is approved.

The amendment would revoke and cancel any Council appropriations for annual Christmas funds and van appropriations.

The amendment also addresses financial reporting requirements by the communities to the Nation, and other requirements to receive each disbursement.

The amendment will still allow communities to submit proposals and appropriation requests to the Council relating to economic development projects.

• NCA 16-019 Authorizing a \$3,000 special appropriation to three Muscogee (Creek) citizens. Jack sponsored the amendment, which failed 5-10 with Reps. Del Beaver, Pete Beaver, Barnett, Greene, Hill, Hufft, Jennings, Proctor, Randolph and Yahola voting against it.

Muscogee (Creek) citizen Billy 'Chebon' Marks has been a martial artist for 42 years and has worn a black belt for 37 years. He is ranked as a fifth degree black belt master.

In 2008, he received his Ph. D. from the University of Asian Martial Art Studies. He has been honored as a Native American martial artist various times from the U.S.A. Martial Arts Hall of Fame.

He plans to attend the hall of fame March 18-20 and has requested financial assistance to sponsor him and students Hok-She-Na and Yafke Marks to conduct a seminar while at the hall of fame.

 NCA 16-020 Authorizing a \$5,000 donation to the National Indian Child Welfare Association to sponsor the 34th annual 'Protecting Our Children' National American Indian Conference on Child Abuse and Neglect. Barnett sponsored the amendment, which passed 15-0.

NICWA is dedicated to the well-being of American Indian and Alaska Native children and families, and is the only national Native organization focused specifically on tribes preventing child abuse and neglect. The conference is April 3-6 in St. Paul, Minn.

The original legislation called for a \$20,000 donation but was amended on the floor during the meeting. The amendment passed 10-5 with Reps. Rufus Scott, Barnett, Greene, Randolph and Yahola voting against it.

 NCA 16-021 Amending NCA 13-316 (A law of the MCN creating a new MCNCA Title 28, Chapter 9, titled, 'MCN Natural Resource Conservation District' and appropriating said funds). Randolph sponsored the amendment, which passed 15-0.

NCA 13-316 appropriates

\$300,000 for the conservation district. The amendment states that the appropriation shall be included in the CAB annually and funds will carry forward until fully expended.

• NCA 16-026 Amending MCNCA Title 30, Section 1-104 titled, 'National Council/Legislative Branch.' Jones sponsored the amendment, which passed 15-0.

The amendment gives the authority for codification of the laws to the MCN attorney general and removes all references of the codification committee in the Code.

• NCA 16-027 Amending MCNCA Title 16, Section 3-106 titled, 'Office of the Attorney General.' Jones sponsored the amendment, which passed 15-0.

The amendment would add the authority granted through NCA 16-026 to the portion of the Code that outlines the duties of the attorney general.

The 'MNN' reached out to Jones via email and phone the afternoons of Feb. 23 and 25 to explain the reasoning and mechanics behind NCAs 16-026 and 027 and did not receive a response as of press

• NCA 16-028 Creating a new Chapter 8 under MCNCA Title 17 titled, 'Gaming Operations Authority Board.' Reps. Lucian Tiger, Hufft, Hicks and Hill sponsored the amendment, which passed 12-3 with Reps. Rufus Scott, Jack and Randolph voting against it.

The amendment moves the laws that apply to the Nation's gaming codified in Title 21 to Title 17 with the laws involving economic development.

The legislation states that gaming is a multi-million dollar industry and the main source of economic development for MCN. The legislation also updates GOAB poli-

The amendment would raise the maximum allowed for GOAB contracts without Council approval from \$50,000 to \$300,000, and the term of contracts from one year to three years.

The amendment would raise board member stipends from \$400 to \$750 for each GOAB meeting or when they are requested to attend a Council meeting.

Randolph said he could not support the bill because of the increase in the board sti-

"We just went through budget hearings. We were unable to support raises for any of our employees... in light of our financial situation, I believe we've got to watch our spending," he said.

During the Feb. 18 Council Business, Finance and Justice Committee meeting, Rep. Pete Beaver made a motion to lower the stipend increase to

Hufft stated that a previous discussion regarding the stipends concluded with an agreement that GOAB would send less board representatives per meeting, thus decreasing the overall compen-

sation.

Tiger stated that this would decrease the overall amount paid out in stipends.

Rep. Pete Beaver withdrew the motion.

Barnett proposed amendment on the floor during the regular session to adjust board member terms from three years to two years. The motion failed 5-10 with Reps. Del Beaver, Rufus Scott, Deere, Hicks, Hill, Hufft, Jennings, Jones, Proctor and Yahola voting against it.

• NCA 16-029 Repealing Chapter 4 of Title 21 titled, 'Gaming Operations Authority Board.' Hufft sponsored the amendment, which passed 13-2 with Reps. Rufus Scott and Randolph voting against

The legislation states that the laws, which govern GOAB have not been updated along with changes in the industry and contain low threshold spending, micro-management provisions that cause an inability to make expedient business decisions.

The amendment would move this portion to MCNCA Title 17 along with updated revisions.

The next regular session is scheduled March 19.

Typically, eligible entities who received appropriated funds and are not MCN tribal programs, departments or other subsidiaries are required to submit receipts to the MCN Office of the Controller within 30 days after funds are expended or approved.

Also, legislation that begins by reading, 'authorizing' often grants a waiver of MCN sovereignty to incorporate the services of or to perform some other business with an external entity.

The summary of each bill is attributed to the planning session or committee agendas available on: www. mcnnc.com, and the MCN Code Annotated is used as reference material, an occasionally updated version of which is available on the MCN Supreme Court website at: www.creeksupremecourt. com.

It is also based on 'MNN' staff interpretation, research and interviews possible on our production schedule, through our resources and based on our experience and ability.

According to the MCN Constitution, every passed by the Council must be presented to the principal chief for approval before it becomes law.

The principal chief has 10 business days to sign it or return it as a veto with objections to the Council.

The Council may override the veto by a two-thirds vote of the total representatives in favor of the action. If the chief neither signs nor vetoes it, the bill becomes law after the 10-day period.

The votes for each bill are crosschecked with the agenda posted on the Council site after each session.

For questions or more information contact the Council office at: 918-758-1410.

HONOR

CONTINUED FROM PAGE 1

was just during the fall for a little while and after that, we would have to do without."

Proctor talked about ceremonial life.

"The great of all, the event that takes place, is the Green Corn Ceremony. So, that was a time of forgiveness and it was in mid-summer... during that time whatever they done and broke the law was all got clean," he said.

In a press release, American Indian Resource Center advisory board member Will Hill spoke of Proctor.

'I have known Sam Proctor my entire life and have long been inspired by his efforts to preserve the heart of the Muscogee Creek culture and keep the traditions alive,' Hill said.

Proctor was recognized March 5 by the Tulsa City-County Library American Indian Resource Center as this year's American Indian Festival of Words Circle of Honor inductee.

The Circle of Honor recognizes Native Americans who seek to preserve history and culture.

The inductee receives a medallion and \$5,000.

Proctor spoke of the ceremony.

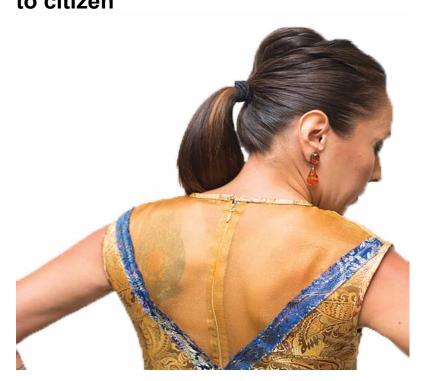
"I am just a little guy...The Creator is the one who has something to do with that," he said. "It is the creator that has given us this, and so that's why I say that, and I am sure ya'll probably say the same thing, I am proud to be an Indian."

Descary Des

Amanda Rutland/MNN

Muscogee (Creek) elder and ceremonial leader Sam Proctor with Muscogee (Creek) Nation leaders March 5 before the Circle of Honor Awards ceremony at the Tulsa City-County Library.

Entrepreneurial artist grant awarded to citizen



Submission

Muscogee (Creek) citizen Leslie Deer was awarded a \$5,000 business entrepreneurial grant and fellowship from the First Peoples Fund to further development of her business.

Deer turns hobby into profession

Chelsie Rich/Project Specialist

OKMULGEE, Okla. — Muscogee (Creek) citizen Leslie Deer was awarded a \$5,000 business entrepreneurial grant and fellowship from the First Peoples Fund to further development of her business.

According to a press release, the First Peoples Fund based in Rapid City, S.D., focuses on community and economic development for tribal communities through support for Native artists.

"I'm honored that my artwork and commitment to my community have been recognized by First Peoples Fund. This grant and leadership training will help me expand my work and market and allow me to continue to give back to my culture and community," Deer said.

Deer is a textile and apparel design artist from Holdenville who has been sewing for over 25 years. Growing up in California, Deer was part of the powwow scene and has danced for most of her life.

"I started out making my own dance clothes, my dance regalia," Deer said.

Deer was a cast member of the American Indian Dance Theater where she made regalia and learned how to do beadwork.

Deer and her family relocated to the Shawnee area where

she learned how to make traditional ribbon work from a Sac and Fox elder women, which she incorporated into her regalia.

"After a while, when I would dance at powwows, people would ask me if I could make regalia for them," Deer said. "So I started to do a little bit of that and then I started going to Native American art markets."

Deer soon realized she enjoyed sewing, creating and being artistic and decided to go back to school to pursue her passion.

In May 2015, Deer graduated from Oklahoma State University with a bachelor's degree in apparel design and production.

Deer also holds a degree in public administration from the University of Oklahoma.

"Now, I'm working on starting my own business making Native influenced or Native inspired contemporary clothing," Deer said.

To preview her work visit: leslie-deer.wix.com/portfolio. Deer plans to launch a new retail website later this year.

For more information contact Deer at: lesliedeer@gmail.

For further information about First Peoples Fund or to apply for support through one of their programs, visit: www. firstpeoplesfund.org or contact them at: P.O. Box 2977, Rapid City, SD 57709-2977.

March rings in the spring season for Oklahoma

Highland Park/ non-citizen Release

OKMULGEE, Okla. — March rings in the spring season with the anticipation of warm, glowing sunshine.

For us older folks, it elicits memories of planting gardens, spring cleaning as well as Easter and Mother's Day get-togethers.

The word March comes from the Romans after the God of War (Mars).

March used to be the first month of the year until 1752 when we changed the Gregorian calendar. The Anglo-Saxon word 'Hlyd Monath' for March means 'stormy month.'

There are many interesting events that occur in

The infamous daylight savings time, which was actually the concept of Ben Franklin, began on March 13.

The 'Ides of March' was a Roman religious event dealing with the assassination of Julius Caesar.

The Spring Equinox occurs when the length of day and night are near equal.

International Earth Day began in the '70s portion of the hippie movement turning focus from the Vietnam War to the environment.

'Purim' is the Jewish celebration similar to Halloween or Mardi Gras, where costumes are worn and gifts of food are taken door-to-door.

The Christian celebration of Palm Sunday and the triumphant entrance of Christ into Jerusalem are prominent this month.

Then there's St. Patrick's Day, a cultural-religious holiday honoring the arrival of Christianity in Ireland, ushered in by St. Patrick.

The three-leafed Shamrock was used to explain the Holy Trinity.

Lent is lifted for this one day in Ireland.

The color green was thought to make one invisible to Leprechauns, who would pinch you otherwise.

There are many other fun facts about March.

Coca-Cola was introduced on March 29, 1886.

The first transatlantic radio broadcast and the first daily weather forecast occurred in March and the first colonists arrived on March 25, 1634.

Famous people born in March include: Albert Einstein, James Madison, Robert Frost, Dr. Seuss, Shaquill O'Neal, Bruce Willis, Lady Gaga, Elton John and Justin Beiber.

In conclusion, I think most of us would perceive March's spring arrival as a new beginning, a fresh start and a time of renewal, which is beneficial to everyone regardless of age.

The Mvskoke first new moon of spring ceremony initiated the planting season, prediction of crop success or failure and included dancing and the relighting of the sacred fire by the firemaker.

All home fires were extinguished and rekindled from the sacred fire coals.

This ceremony dealt with friendships and relationships where vows were made to regard the other as himself and the bringing together of those who had quarreled in the past year.

This symbolized unification of the people with their creator and purification of mind and body.

What an absolutely wonderful concepts of renewal.





Native News Today/Sterling Cosper

Muscogee (Creek) historian and collector T.S. Akers created the Stars on Their Shoulders: Military Uniforms of the 20th Century exhibit that will show through May at the Chisholm Trail Museum in Kingfisher, Okla.

Citizen creates military uniform exhibit from personal collection

Akers details his, regalia's history

Sterling Cosper/MNN Editor

KINGFISHER, Okla. — Muscogee (Creek) historian T.S. Akers created the Stars on Their Shoulders: Military Uniforms of the 20th Century exhibit, which is on display at the Chisholm Trail Museum in Kingfisher.

"This exhibit is an evolutionary history of uniforms of the American Army and Air Force, starting with dress blues that trace their origins back to Washington's Continentals through service uniforms that came into existence in World War I through the '50s into existence still today," Akers said.

He shared the history of his interest in this regalia and tied it into that of the exhibit itself.

"I fell in love with military history in my youth and I studied military history at the University of Oklahoma, so that's what my bachelor's is in," Akers said. "When I was doing my master's work in museum studies, one of my courses required me to do an exhibit with 12 objects."

He also gave background on the pieces featured and the servicemen they belonged to, one of which was a Muscogee (Creek) citizen.

"General Otwa T. Autry, he was born in Anadarko and he was a schoolteacher in Enid. That was his civilian occupation.

"He enlisted in the Army in 1924 as a private and rose to the rank of brigadier general, served in eight campaigns in World War II and he also served in Korea. His career culminated when he became division artillery commander for the 45th Infantry Division, the famous Thunderbirds," Akers said.

According to the 45th Infantry Museum website, the Thunderbirds were organized in 1923 and served domestically during periods of political unrest and natural disasters until World War II.

It states that they became famous during World War II through their valiant efforts and fighting abilities and eventually served with the U.S. 7th Army led by Gen. George Patton who said of them, "Your division is one of the best, if not the best division in the history of American arms."

Akers said he is kin to another prominent Muscogee

(Creek) military figure.

"I am a descendent of William McIntosh who called the White Warrior and he served with Andrew Jackson and I have pieces in my collection," he said.

According to: www.georgiaencyclopedia.org, McIntosh was a controversial chief of the Lower Creeks in earlynineteenth-century Georgia.

His general support of the United States and its efforts to obtain cessions of Creek territory alienated him from many Creeks who opposed white encroachment on Indian land.

Akers said he owns a piece featuring more than one citi-

"I have a great photograph of Company 8 of the 180th Infantry of Oklahoma stationed in Eufaula and you look at that photograph and you see so many faces," he said. "It was essentially a company of Creek citizens."

After the exhibit closes at the end of May, Akers said he would be interested in showing it elsewhere such as the Oklahoma Historical Society and the Muscogee (Creek) Nation Tribal Complex.

"I would love to do that and perhaps expand the traveling portion of this to include some other pieces so that is something that can always be considered," he said. "My wife would certainly love to see some things out of the house."

Akers said he has begun narrowing his interests.

"When I started collecting it was a matter of, you want to acquire as many things as possible but today, I really focus on pieces that are an example of something I don't already have and I'm starting to focus more on Oklahomans," he said.

This is reflected in the exhibit.

"So there are three Oklahomans in this exhibition: General Autry, General West and General Thompson and just a couple of weeks ago I acquired another uniform of an Oklahoman, General Lawless who was from Holdenville," Akers said.

CTM Director and Curator Adam Lynn said the museum is open Tuesday-Friday from 10 a.m.-5 p.m. and gave a plug for Stars on Their Shoul-

"It's fantastic and we can't thank Mr. Akers enough for loaning this exhibit," he said. "It's been a wonderful experi-

The Civil War ripped Creek Nation 155 years ago

Don Diehl/Non-Citizen

SAPULPA, Okla. — Local history is not far removed from a Civil War battle reenactment that took place recently at Yale. The Battle of Round Mountain was the first battle of the Civil War fought in Indian Territory the rebel cause. on Nov. 19, 1861.

That battle as well as others impacted the Muscogee (Creek) Nation and forever altered the way things would play out the next 30 to 40 years - Indian lands opened to white settlement, towns were established by settlers and the railroad and present-day downtown). statehood were established.

Re-enactments like this one might not make the point clearly.

The 'troops' in the Battle of Round Mountain, the main players and bulk of the participants were Indians commanded by Indians. Civil War history cannot lasted for generations. be separated from Native American history.

This is especially true in Oklahoma (land of the redman) where inhabitants of Indian Territory were persuaded, if not out and out forced to take sides in a war not of their making. It was not the first time.

The newly formed Confederate States of America saw opportunity in Oklahoma and had moved to win favor of a people who already knew something about the repressive Blue Coats.

in to the appeal with little thought of the outcome should the rebellion be no consensus of their councils. It is true that some tribal citizens including Creeks, were owners of black slaves. But it is debatable if that issue was very high on the list of reasons to join the Confederacy.

The Union had to re-align its troop configuration for the war including its fort ity, historians record a much

systems in Indian Territory. They abandoned any protection of lives and property of Oklahoma's primary residents. Taking charge of Indian Territory lying between confederate states of Arkansas and Texas could only help

In perspective, barely 10 years earlier, the man referred to as Sapulpa's first permanent settler, a full-blood Lower Creek Indian named Sapulpa had established a trading post near the meeting of Polecat and Rock Creeks (about a mile southeast of

He and other rancher/ farmers regardless of which side they chose to support or not support, suffered much loss because of the Civil War. The greater loss was lives by Indians killing Indians and, much as it was across the nation, a devising spirit that

The Battle of Round Mountain Re-enactment recreates a winter encampment of that

The event takes place over three days, with living history soldiers setting up opposing camps on that Friday.

Vendors in period dress sold their wares including food and refreshments. The re-enactment of the battle itself began that Saturday afternoon as visitors witnessed Confederate and Union soldiers slowly advancing on the recognized by his peers and field of battle.

There was smoke from Tribal leaders bought guns and cannons that filled the air. The event also showcased a Civil War era ball on Saturday. Costumed attendsquashed, and with little or ees swirled around the dance Oklahoma Historical Sofloor as traditional fiddle music was performed on stage. On Sunday, a period church service was held in the morn-

> hard work unfolded as attempts were made to show aspects of Oklahoma's part in the U.S. Civil War. In actual

deeper narrative than can be thus portrayed.

The Battle of Round Mountain references one of numerous hills north of the Red Fork on Cimarron River near Keystone. That town is now under waters of Lake Keystone. The exact location of the battle is debated.

Researchers say it is closer to the location where the reenactment took place.

Following the outbreak of hostilities between the Union and Confederacy in 1861, a majority of Indian Territory inhabitants, mainly through their leaders, allied themselves with the Confederacy.

But not a band of Upper Creek Indians led by Chief Opothleyahola who organized his followers for an exodus to Kansas. In addition to Creeks and their families, he was joined by small numbers of Comanches, Delawares, Kickapoos, Seminoles, Wichitas and Shawnees.

To be continued...

Diehl has worked for publications from his smalltown weekly newspaper 'The Sapulpa Herald' to one of the largest daily newspapers in the Southwest 'The Daily Oklahoman,' writing features, columns, editorials and hard news stories.

He has been awarded and the Missouri, Arkansas and Oklahoma Press Associations as well as the Associated Press.

SOURCES:

'Chronicles of Oklahoma,' ciety; 'History of Sapulpa,' Sapulpa Historical Society; Georgianencyclopedia.org; Kathryn E. Holland Braund, 'Deerskins and Duffels: The Not to be critical, a lot of Creek Indian Trade with Anglo-America, 1685-1815,' 2nd ed. and Michael D. Green, 'The Politics of Indian Removal: Creek Government and Society in Crisis.'

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Muscogee (Creek) citizen and University of Oklahoma freshman Davion Jeffries (left) during his wrestling match Dec. 13, 2015 on the OU campus McCasland Field House in Norman, Okla.

Freshman wrestler excels at OU

Jeffries competes for celebrated program

Darren DeLaune/MNN Reporter

NORMAN, Okla. Ever since he saw his older brother wrestle, Muscogee (Creek) citizen Davion Jeffries wanted to try it out.

"When I was younger, I saw my older brother wrestling and he was really good at it," Jeffries said. "Since he wrestled, I wanted to wrestle too."

This began when he was four-years-old and Jeffries has taken his desire all the way to the University of Oklahoma Sooners wrestling team. Jeffries has already made an impact on his team as he is nationally ranked for the Sooners.

OU Wrestling Head Coach Mark Cody talked about what Jeffries has accomplished during his short

"It's been great, you know, he's a pleasant surprise because not many people come in right out of high school," Cody said. "It usually takes them a year of training under their belt and maybe a year of open tournaments but he is right out of the to college life overall. gate."

Broken Arrow for his last two years of high school and spoke about the transition to collegiate competition.

"It is a big difference," Jeffries said. "There is a lot more technique to it. You have to prepare yourself and get ready for this type of wrestling."

He also said preparing himself in the summer helped him get ready for his inaugural season with the

when he started getting notices from universities who wanted him to wrestle at their institutions.

"It felt really good getting the letters and the interests that they were showing to me when I started to get recruited," Jeffries said. "It meant to me that all my hard work was paying off."

Jeffries said some of the universities that were recruiting him were from the Big 12, Big 10 and other conferences but it was the Sooners that caught his in-

"It was a family when I came to visit here," Jeffries said. "I grew up with some of the people on the team and they were really accepting of me joining them. It feels great going out there and representing OU."

Jeffries feels that his freshman season is going well so far. He feels there are certain things that he still needs to work on.

"There are always going to be things to improve on but I feel that I can be an All-American by the end of the season," Jeffries said.

Jeffries also had to adjust

"It is good but it keeps you Jeffries wrestled out of busy," Jeffries said. "I do not have a lot of time to go do things for myself but there is nothing wrong with that. I enjoy it a lot."

> Cody loves the confidence that Jeffries shows when he wrestles in competition and practice.

> "It is amazing to me, particularly the level of confidence that he has," Cody

Davion is the son of Jackie Waggnor and Rodney Jeffries. He is majoring in Jeffries shared how he felt criminology and sociology.

Lewis tries his hand, feet at combat



Darren DeLaune/MNN

Muscogee (Creek) citizen Ronnell Lewis trains in preparation for his next fight scheduled April 8 at the River Spirit Event Center in Tulsa, Okla.

Former football star takes on new challenge

Darren DeLaune/MNN Reporter

TULSA, Okla. - Around Oklahoma and the Muscogee (Creek) Nation jurisdiction, people are familiar with Muscogee (Creek) citizen Ronnell Lewis from when he played football for Dewar High School and later, the University of Oklahoma.

Lewis went on to fulfill his dream of competing in the NFL and he also played arena football.

Now, Lewis is pursuing a career in mixed martial arts and states that it is the best way to use personal aggression.

"I like competing and fighting," Lewis said. "Since I am not pursuing football anymore, why not fight?"

Lewis said he has always felt the calling to be in a boxing ring or cage fight.

"Not to toot my own horn, but I have confidence in myself that I can be a fighter and be successful at it," Lewis said. "I believe that with the right training and making myself better, I can hang with the best."

Lewis is an amateur fighter but feels he will turn professional soon.

"At the end of the day, this is what is driving me," Lewis said. "I want to work my way to the top and stay there."

Lewis has been training a little over six months and his first amateur fight was in Dewey.

He recalls being nervous before for the match but said that adrenaline took over shortly before.

"That first fight was a rush," Lewis said. "Yes, I was nervous but when it was time to fight, I remembered what my training was for and did that in the fight."

Lewis said he has been around a lot of physical sports but feels that fighting is

"With football, you have a team out there with you," Lewis said. "The same way with basketball but in fighting, it is only you. Just three people there and you are the only one that can fight for you. My trainers cannot fight for me. Just me."

His third fight was at River Spirit Event Center in Tulsa and was going great until something other than his opponent ended it prematurely.

"A week before my fight, I was very sick and then it wore off and I felt better," Lewis said. "Unfortunately, being sick played into bothering the sickle cell trait that I have and I was very dehydrated."

According to the Centers for Disease Control, SCT is inherited from parents and involves one gene related to Sickle Cell Disease and one normal one.

While SCT is not a disease, it can cause complications in an athlete's health through symptoms such as dehydra-

tion.

"I thought I was still getting enough water in my system for this fight," Lewis said. "Being sick stirred everything up."

Lewis has dealt with SCT his whole life and while there is no known cure, he believes he can maintain it.

His coach, Craig Blacklock and Lewis have been taking different approaches to training.

"It is not going to affect me," Lewis said. "I have had this all my life. It was a different type of training with football and I adjusted. Now with fighting, I will have to adjust on how to get ready for the fights. Nothing will change. I will be ready for my fights."

Blacklock remembers seeing something in Lewis when he played football at OU.

"You can have a lot of skill but if you do not have the aggression, there is really nothing you can do," Blacklock said. "It cannot help your skills. I saw it in Ronnell, the skills and able to use his aggression to benefit himself and his fighting."

Blacklock knows that Lewis is still young in his fighting career but feels that he will blossom quicker than expect-

"There are times when he tries too hard," Blacklock said. "I tell him when he loosens up, he moves around like he is 180 pounds. That will come over time."

Lewis said he got his start in both kickboxing and MMA but in the near future, he wants to set his focus on box-

"I feel that it will be the best sport for me," Lewis said. "I am glad I can do kickboxing and MMA but boxing is what I want to do. I feel I can be very successful at boxing."

Lewis has a word of advice for anyone who wants to give any sport a try.

"Go for it," Lewis said. "Don't let anyone tell you that you cannot succeed. If they tell you, prove them wrong. Make them believe in you."

Lewis trains with Blacklock at World Class Fitness and Fighting located at 7401 E. 46th Pl., Tulsa, OK.

Graduate profiles due May 13

MNN/Media Release

OKMULGEE, Okla. — 'Muscogee Nation News' will be featuring 2016 Muscogee (Creek) Nation high school, military, technical school and college graduates in the upcoming June 1 edition of the 'MNN.'

Graduate submissions should include full name of graduate, school, university or technical institution, parents, ceremonial ground and/or church, tribal town, clan and any awards/ac-

complishments (150 total word limit).

A recent digital photo should also be included with graduates' information, which must be typewritten and submitted via email no later than Friday, May 13 by 5 p.m.

Submissions should be sent to 'MNN' Editor Sterling Cosper at: scosper@ mcn-nsn.gov. For more information, please call: 918-732-7697.

Late submissions will not be accepted.



The line provides an automated transcript for MM of the information provided to protect the identity of callers.

Callers are asked to present credible, newsworthy information that can potentially be substantiated through sound journalistic research. They are also asked to furnish any documentation or other tips that can help provide evidence for their claims.

Rumors, gossip and disparaging attacks are discouraged.



Darren DeLaune/MNN

Coaches and family members of Muscogee (Creek) citizen Raini Deerinwater watch as she signs her letter of intent Jan. 22 at Sapulpa High School to play softball at Coffeyville Community College in Coffeyville, Kan.

Citizen to play at Coffeyville **Community College**

Determination rewards Deerinwater through collegiate opportunity

Darren DeLaune/MNN Reporter

SAPULPA, Okla. — You always hear that 'perseverance pays off.' This saying is true of Muscogee (Creek) citizen Raini Deerinwater.

Deerinwater signed Jan. 22 at Sapulpa High School, to play softball for Coffeyville Community College in Coffeyville, Kan.

Deerinwater got what she called a 'late start' in recruiting so she took it upon herself to get the ball rolling.

She started getting email addresses and phone numbers and began calling to find coaches that would want to take a chance and look at her.

"I did my tryouts and was able to get campus visits set up," Deerinwater said.

This eventually paid off and the visits led her to CCC. Deerinwater said CCC felt comfortable, almost like a home away from home.

"The campus was not too big or small," she said. "I felt that it will be a good fit for me."

Deerinwater has been playing softball since she was four-years-old. started in Bristow and ended up in Sapulpa. She played other sports but felt the one she needed to focus on was softball.

"I have always been an outdoors person," Deerinwater said. "So softball, I wanted to focus on because of my love for being outside."

have the same drive for other sports.

Deerinwater plays in the outfield and feels that she will continue play there at the next level.

Deerinwater spoke about her time in Sapulpa. She said she went through four different coaches during her high school career. While some would say that is a disadvantage, she used it as a way to improving her game.

"It was very rocky but I would not take away these four years and learning from four different coaches," Deerinwater said. "I learned a lot during my time at Sapulpa."

She said she was able to work and adapt to how the coaches wanted her to play.

"Different coaches have different styles of playing," Deerinwater said. "So I took something from each coach

in my years here to help shape me into what I am."

She felt that each year and each coach brought something for the better.

"Not only for me but for the team also," Deerinwater said.

Softball Head Coach Rosemary Holloway-Hill praised her outgoing senior.

"She (Raini) is the one who got her scholarship," Holloway-Hill said. "She worked for it and earned it."

Holloway-Hill said that they will be losing a great leader when Deerinwater leaves but CCC will be gaining a student-athlete who has great experience and can adapt to anything on and off the field.

"Coffeyville got a great grab with Raini," Holloway-Hill said. "I call her like a 'sleeper' player. She is someone you really do not know about but once the coaches see what she can do, they will know and be proud of who they will have on their team."

Deerinwater has not decided on a major. However, she is passionate about art and would like to have a major that will be involved with both sports and art.

"I do a lot of art on my free time," Deerinwater said. "I paint and I draw."

Art runs in the family for Deerinwater, as both her father and grandfather partake in it. Whenever she feels like drawing or painting, she will grab her sketchbook or canvas and start.

"It is an escape for me," She also said she did not Deerinwater said. "There might be extended periods of time when I do not draw but once I get that idea, it goes from there."

> She rarely shows her work once it is finished. She also said that if she gets an idea and starts, she cannot stop until it is done.

> "It is fresh in my mind so I feel that I have to get it put on something," Deerinwater said. "I don't have any plans to show what I do."

> Deerinwater said her future with softball will not end with CCC.

> "I want to be associated with softball in someway, even after my playing days are over," Deerinwater said. "It is a feeling that I do not want to end."

Her parents are Melissa Macarthur and Craig Deerinwater and she is of the Hotvle (Wind) Clan and Greenleaf Tribal Town.

Cousins sign to play soccer at cross-town universities



Submission

Muscogee (Creek) cousins Reagan Whitlow (L) and Allison Hurd (R) grew up playing soccer together and signed to play at different universities in Tulsa, Okla.

Best friends set for competition between TU, ORU

Darren DeLaune/MNN Reporter

COWETA, Okla. — Muscogee (Creek) citizens Reagan Whitlow and Allison Hurd grew up playing soccer together since they were five-years-old and went on to compete against one another on school teams.

Whitlow and Hurd, who are cousins and best friends, began their careers alongside one another on recreational and club teams.

They began facing off in high school, as Whitlow went on to play for Broken Arrow while Hurd represented Union in Tulsa.

"Although we are on the same club team, we compete against each other on our high school teams," Whitlow said. "Her team always beats us."

This competitive trend is set to continue as both signed Feb. 3 to play at the collegiate level, with Whitlow representing the University of Tulsa and Hurd agreeing to play for Oral Roberts University.

The cousins became serious

about advancing in the sport when they were pushed to win games competitively in high school.

"When that happen, we

both thought that we could and we wanted to play college," Whitlow said. Hurd said Whitlow can play

any position while she sticks to midfield. "She can play anywhere. I like to stay in the center,"

am good at." Both of them play in a Texas conference with their club team, TSC Hurricane.

Hurd said. "That is where I

"We do a lot of traveling," Hurd said. "We are the only team from Oklahoma in the conference."

They have also played in showcases out of states such as Arizona, California and Washington.

"The teams we played against are very good," Whitlow said. "We were right there with them. In our freshman and sophomore years, we were in the top 15 in the country."

Whitlow said they commonly talked to each other on the field as competitors.

"Even when we have on different uniforms, that did not stop us from talking," she

Hurd explained what ORU means to her and why she chose that institution.

"I loved the environment that ORU had," she said. "I could have went to TU but it was ORU that made an impact on me. I felt more welcomed there. I got the feeling when I stepped on campus that ORU was for me."

Hurd said ORU has a good nursing program, which is what she wants to pursue when she starts in the fall.

Whitlow explained that during her junior year, she originally planned to play for the University of Arkansas but decided on TU because of her career path and to be close to her family.

"I want to study Indian law and TU has a great Indian law program," Whitlow said. "My family will get to watch me play and I get to play against my best friend again."

When they were younger, the cousins both planned on playing together in college. When the time came to decide on universities, they jokingly tried to persuade one another to sign with the other side to make this happen.

"We are still close," laughed Whitlow. "We got as close as

Despite the continuation of their cross-town rivalry, they still plan on maintaining their friendship.

"Noting is going to change," Whitlow said. "We are the type of friends that we do not have to see each other everyday but when we do, we pick up where we left off."

Hurd shared the same sentiments.

"We will still have our conversations," Hurd said. "Both off and on the field."

Allison Hurd is daughter of Michael and Christina Hurd and she is of the Nokose (Bear) Clan and Tvlahasse Tribal Town.

Reagan Whitlow is the daughter of Brian and Becky Whitlow and she is of the Eco (Deer) Clan and Weogufkee Tribal Town. She is also a member of Big Cussetah Indian Methodist Church.



Workout of the Month extended

The Lunge

Darren DeLaune/MNN Reporter

OKMULGEE, Okla. — The Muscogee (Creek) Nation Tourism and Recreation Department and the 'Muscogee Nation News' has teamed up again to bring you another workout for this month.

Along with the previous workout, this one can be done whether you are at the gym or at home. All you need is space.

TR Recreation Manager Rojer Johnson provides a description of this month's workout, the lunge.

The lunge is a lower body workout where one leg is positioned forward with your knee bent and foot flat on the ground while the other leg is positioned behind it.

This move focuses on the quadriceps, hamstrings and glutes.

Johnson said lunges help with overall mobility.

stride trainer because it mimics your walk or your run," Johnson said.

Johnson said if you have knee problems or lower body extremity problems, do a warm up first to get your muscles and joints ready for the exer-

Johnson spoke about the importance of healthy eating to go along with the workouts.

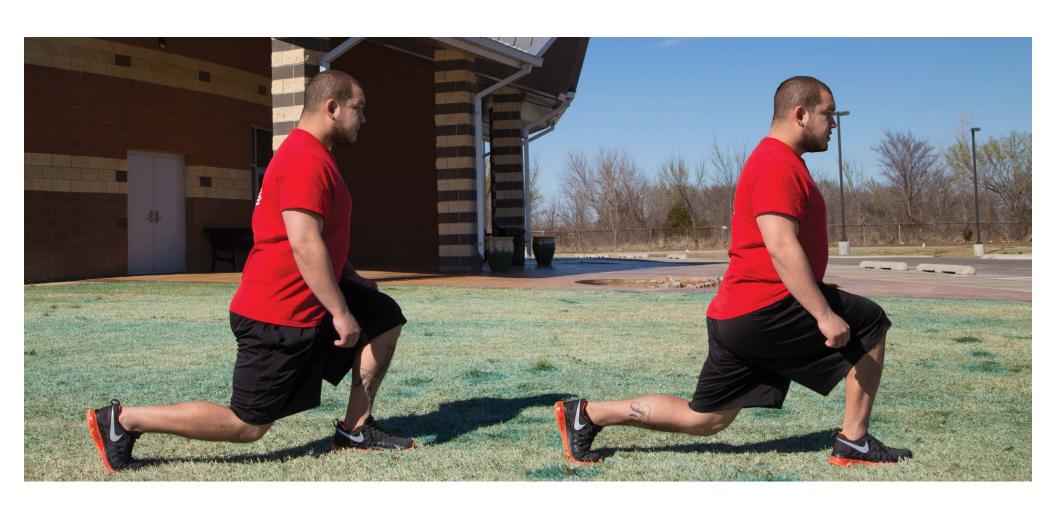
"You can't outwork a bad diet," Johnson said. "Why would you do the

"It promotes balance and it is also a suggestive workouts such as Creek Fit or Workout of the Month and then go eat fast food? It does not work that

> Johnson said his best example would be to treat your body like a sports car. Great fuel will burn clean and helps the vehicle perform better.

> "The same as for your body," Johnson said. "If you eat clean, your body will perform better for you."

> See the recipe below for a healthy eating suggestion.



Step 1

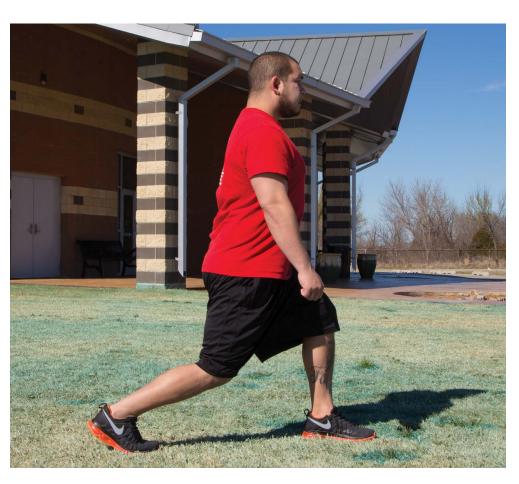
Start with either foot, and take a step in front of you. You want your stride to be equivalent to a running stride.

WORKOUT

2-3 times a week 4 sets of 10-15 reps

Step 2

Lower the lower half of your body all the way to the ground



If you eat clean, your body will perform better for you."

> - Recreation Manager Rojer Johnson

Turkey meatloaf



3 lbs. ground turkey, 3 egg whites, 1 cup oats, ½ tsp. cumin, ½ tsp. thyme, 2 tsp. mustard, 2 tsp. black pepper, 1 tsp. salt, 2 tbsp. garlic powder or minced garlic, 2 bell peppers, ½ cup chicken stock, ½ cup low sodium soy sauce, natural ketchup over the top

- 1. Preheat oven to 375 degrees.
- 2. Mix all contents in a big bowl.
- 3. Bake for 45 -60 minutes.
- * Make sure cooking pan is covered.

Step 3

Get back to starting position and use the next foot. Repeat steps 1 and 2.

Modified

Instead of lowering your body all the way to the ground, you can lower it to a quarter of the way and still get the same effect. This version is called a quarter lunge.

Johnson said if you have knee problems or lower body extremity problems. Do a warm up first to get your muscles and joints ready for the exercise.

ERIC NOON



OKEMAH, Okla. — Eric Ray Noon was born July 25, 1974 in Claremore.

Eric passed away Feb. 24, 2016 at his home in Okemah at the age of 41.

Eric was full-blood Native American, Creek and Seminole, belonged to the Beaver Clan and New Tulsa Ceremonial Ground and was an active member of the Church of Christ and Okemah Community.

Eric was a resident of Okemah and was attending Wes Watkins Vo-Tech in pursuit of a CNA degree. Eric and Jennifer McCarty were married Oct. 12, 1996 in Tulsa. He enjoyed fishing, was a talented artist and a Big Foot enthusiast who loved to watch it, and listen to the many tales of finding Big Foot.

Eric was a loving husband, father, son and friend to many. In the words of Will Rogers, "I never meant a stranger I didn't like."

He is preceded in death by his: uncle, Bill Noon; grandmother, Patricia Noon; father-in-law, Jack McCarty and his grandfather, Calvin West.

Survivors include his: sons, Jordan Young, Brandon Noon, Nathaniel Noon and Ashton Noon all of Okemah; daughter, Kayla Noon of Okemah; sisters, Heather West of Spencer and JB Dunmire and husband, Shane of Cromwell; parents and a host of relatives and friends.

Serving, as active pallbearers were: Tony Sands, Tyrone Russell, Scott Robinson, Eric Wise, Jordan Young, Adam West and Chris West.

Honorary bearers included: Patrick Bear, Daniel Bear, Craig Short, Frank Bear, Declan Donnelly, Keith Bear and

Joe Losh.

It is an understatement to say that Eric was well liked in the community. Eric would ask about the people at New Tulsa, loved his church family and his support group friends. Eric started a local NA group that he was proud to be part of in the community. He loved to help people and it was his passion to help others first before he helped himself.

Eric loved his friends and family and went to great lengths to ensure their well-being. His children were his most prized love here on earth. Eric also loved to cook for his family and friends. He had an outgoing personality and never met a stranger. His hugs were genuine and with love. To know Eric was to love him.

His smile, sense of humor and talkative nature, will be missed by all who knew Eric.

Don't let those little moments pass by. You never know what kind of lasting influence you will have.

Say what needs to be said exactly when you need to say it. MVTO.

JESSIE NORTHCUTT

OKMULGEE, Okla. — Jessie (Jay) Northcutt passed away peacefully Feb. 25, 2016 with his sisters at his side. Jessie was born Jan. 18, 1929 in Winchester, Tenn., to C.E. (Shorty) and Gladys Northcutt. Gladys was from the Eufaula/Checotah area so the family moved back shortly after Jessie was born.

Jessie is survived by his: children, JR, Jabodie and Charles Northcutt; brother, Leroy Northcutt of Canadian; sisters, Joyce Ables, Fayetteville, Tenn., Geraldine Davis, Sapulpa, Betty Wood, Eufaula, Reba Cardoza, Vacaville, Calif., and Roberta Zielke, Edmond.

Jessie was preceded in death by his: wife, Ellamae; parents and sister, Bonnie Mosier.

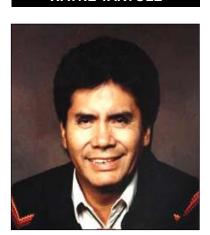
Jessie was a veteran having served in the U.S. Navy. Following his military service, he enjoyed a very long career as a long-haul truck driver. He could turn those trucks around in spaces where most of us would have difficulty turning a car around.

Those around him enjoyed Jessie's wit and sense of hu-

The family would like to thank the staff at Wellington Nursing Home for the care they gave him in his final

At Jessie's request, there will be no formal funeral service. He will be interred in the National Cemetery at Fort Smith, Ark.

WAYNE TARYOLE



CARNEGIE, Okla. — Wayne E. Taryole, 72, walked into the presence of the Lord Feb. 8, 2016, in Carnegie. He was born Oct. 9, 1943, in Henryetta to Marchie and Betsy (Leader) Taryole. Wayne was a pastor and Bible teacher and completed 28 years of ministry to God, to preach and teach the Gospel. His life was one truly lived to the fulfillment of God's will and purposed call.

He is survived by his: faithful wife of 52 years Antonia, Mountain View; son, W. Ellis (Kidder) and wife Anita Taryole, Temple, Ariz.; daughter, Sonja D and husband, Mark Nelson, Albuquerque, N.M.; grandchildren, Kiowa J. Taryole, Alyssa Taryole, Ajara Taryole Lucillia Taryole, Lydia Nelson, Sarah Nelson and Amelia Nelson; sister, JoAnn and Bill Dodd, Elsinore, Utah; numerous cousins, nieces, and nephews, along with brother-in-laws and sister-in-laws and a host of friends

He is preceded in death by his: parents; sister, Norma Graddock and brothers Winfred and Steve Taryole.

Viewing was Feb. 12 at Ray and Martha's Funeral Chapel in Carnegie.

Funeral services were Feb. 13 at First Baptist Church in Carnegie with Rev. Wade Robertson officiating.

Burial followed at Mountain View Cemetery in Mountain View under the direction of Ray and Martha's Funeral Home in Carnegie.

WILD ONION DINNER SET MARCH 19

MORRIS, Okla. — Big Cussetah Church has set a wild onion dinner for March 19 from 11 a.m. – 3 p.m. Plates are \$10 per person. For more information call: 918-759-7020.

WILD ONION DINNER SET FOR MARCH 19

TULSA, Okla. — Haikey Chapel United Methodist Church, 8815 W. 101st St. in Tulsa has set a wild onion dinner for March 19.

Dinners are \$9 for adults and \$7 for children.

WILD ONION DINNER SET FOR MARCH 19

SAPULPA, Okla. — A wild onion dinner is set for March 19 from 10 a.m. - 2 p.m. at the Sapulpa Community Center to benefit the Little Cussetah Baptist Church youth group.

Plates are \$10 and include onions, salt pork, fry bread, ham and beans, corn, dessert and a drink.

For more information call Chris Tiger at: 918-370-7570.

MCN ROYALTY MEETING SET MARCH 23

OKMULGEE, Okla. — A meeting has been set for all female enrolled Muscogee (Creek) citizens ages 14-24 who are interested in competing in the 2016 MCN Scholarship Pageant. The meeting is set for March 23 from 6-8 p.m. at the MCN Elderly Nutrition Center in Okmulgee. For more information, cowntact Terra Beaver at: 918-758-9769, tbeaver@mcn-nsn.gov.

POWWOW SET APRIL 2

MUSKOGEE, Okla. — The 11th annual Azalea Powwow is set April 2 and will be hosted by Fife Indian United Methodist Church at the Civic Center Arena in Muskogee.

The event will begin with a gourd dance at 2 p.m., dinner is at 5 p.m. and grand entry is at 7 p.m.

Admission is \$3 and free for children six and under.

For information including more events and vendor details call: 918-816-1498.

DAY OF PRAYER EVENT SET APRIL 2

OKMULGEE, Okla. — A National Day of Prayer event is set April 2 from 10 a.m. - 1 p.m. at the Mvskoke Dome in Okmulgee.

All Muscogee (Creek) citizens are invited. For more information call: 918-282-9381.

WILD ONION DINNER SET APRIL 9

OKMULGEE, Okla. — Little Cussetah United Methodist Church has set an all-you-can-eat wild onion dinner for April 9 from 11 a.m. - 2 p.m.

Dinners are \$10 for adults and carry out and \$5 for children 12 and under.

For more information call Karen King at: 918-652-5356.

FORMER MCN ROYALTY SOUGHT

OKMULGEE, Okla. — The Muscogee (Creek) Nation Scholarship Pageant Committee is seeking former MCN royalty to take part in this year's Honoring Past Princesses event. Those interested may contact Terrie Anderson at: 918-732-7699, tanderson@mcn-nsn.gov or Terra Beaver at: 918-758-9769, tbeaver@mcn-nsn.gov.

MNN SUBMISSION DEADLINES

April 1 — March 24

April 15 — April 7

May 1 — April 22

May 15 — May 6

June 1 — May 24

Indigenous Outreach 2016 event set March 28 - April 1

Grover Wind/Citizen Release

OKMULGEE, Okla. — The 2016 Indigenous Outreach event is set March 28 - April 1 at the Mvskoke Dome in Okmulgee and starts at 7 p.m. nightly.

Pastor John Parish will present March 28, Rev. Grover Wind March 29,

Pastor Fred Lowe March 30, Pastor Ellson Bennett March 31 and Brother Charles 'Son' McHenry April 1.

Praise and worship will be led March 28-30 by the Shipley family; special music presented by Melodie Wind, David Smith and Callie Bennett March 31 and Myskoke singing led by Pastor Paul Fixico April 1.

For more information call Grover Wind at: 918-398-3393 or Fred Lowe at: 918-843-2265.

Widows support group camp set April 15-16

ECHO/Media Release

OKMULGEE, Okla. — The ECHO widows support group has set the Camp ECHO 2016 event for April 15-16 at The Rowe Family Center, 8th and Seminole in Okmulgee across from the jail.

The event will feature four workshops for: basket making, jewelry, quilting and a one-on-one session on widowhood. All Native widows are invited for free and non-Widows are as well and will be charged \$25 for admission a T-shirt and lunch.

To register, call Nancy Deere at: 918-756-4272.

UPDATE Mvskoke language camp set June 13-17

MCN MLPP/Media Release

HULBERT, Okla. — The Mvskoke Language Preservation Program is coordinating a Mvskoke language immersion camp June 13-17 at Sequoyah State Park in Hulbert.

Applicants must be enrolled Muscogee (Creek) and entering the seventh-12th grades. For applications, which are due March 31, email: jmontiel@mcn-nsn.gov.

MLPP can be reached at: 918-732-7724.



